



Kid's Triathlon Frequently Asked Questions

GENERAL

Q: Is all this information on the web site?

A: Yes. www.eaglerivertri.com/kids, including course maps.

Q: What time does the Kids Triathlon Start?

A: It depends. We publish 2:30 pm, however... The Kids Tri starts after the last of the adult competitors have finished the swim **AND** once the safety personnel have been repositioned to support the Kids Triathlon.

Q: Where should we park?

A: For the Kids Triathlon, it is best to park at Birchwood Elementary School. Half of the lower lot is used for the Kids Tri transition area. Please do not park in the area that is flagged off for the Kids Tri.

- Both the upper lot and half of the lower lot will be available for parking at Birchwood Elementary.
- Park and then walk your child and their bike over to Chugiak High School (the trail between the schools is clearly marked and a short walk) to set up in Transition 1. That way, your vehicle will be near your child's bike (Transition 2) at the end of their race.
- The lower lot will close completely for traffic from approximately 1:30 to 4:00 p.m. and will reopen when the Kids Tri is over.

Q: Can we park at Chugiak High School?

A: Yes. You will have to walk or Drive over to Birchwood Elementary School after the event to pick up your racer's bicycle by 3:45 p.m.

Q: Why does my child have to wear their bike helmet when riding their bike before the race?

A: Our insurance requires everyone on a bike to wear a helmet. Without our insurance we could not run this event. All racers will receive a helmet check prior to dropping gear in Transition 1.

Q: I've read about a "long course" and a "short course" for the Kids Tri. What is the difference?

A: The only difference is in the swim. Long course is a 100 yard swim. Short course is a 50 yard swim. The bike and run segments are the same. We used to have longer bike and run segments, but managing that with so many participants was very difficult.

Q: When and where are bib numbers assigned?

A: Bib numbers for kid's tri are assigned at bib pick-up

Q: Do bib numbers go in the racer's front or back?

A: All racers must wear their bib in the front.

Q: Is the Kids Triathlon a timed event?

A: No, the ERT Kids Tri event is intended to be a fun, safe event for kids ages 6-12 to experience the excitement of an actual triathlon. All participants get a medal at the finish line.

Q: What is body marking?

A: Body marking happens during race check-in. The racer's bib number is written on athlete's upper-arms to assist race officials. Body marking will be done in the gym lobby by the pool entrance.

Q: Does my racer have to have body marking?

A: No, your child doesn't have to have body marking. However most do want to do it.

Q: Can I assist my child during the Kid's Triathlon?

A: Kids may accept assistance from parents and other helpers to ensure the kids are safe, follow the right course, and have a good time. One section of T1 is for kids who need parental assistance (see signage).

ALL PARENTS WHO RIDE A BIKE WITH THEIR KIDS MUST WEAR A HELMET. ALL KIDS AND PARENTS MUST STAY TO THE RIGHT OF THE WHITE LINE. ABSOLUTELY NO RIDING TWO ABREAST, EXCEPT WHEN ABSOLUTELY NECESSARY.

Parents are NOT encouraged to get in the pool with their child but they will not be pulled from the pool either. We have several swim assistants in the pool with the kids during the swim test.

T1 (TRANSITION 1, SWIM-TO-BIKE) SETUP

During the race, the T1 area will be very crowded, so please stay out of the area unless you are assisting your racer.

Q: Where is T1?

A: T1 is located at the north end of Chugiak High School.

Q: Why is T1 divided (separated) into two different sections?

A: One section of T1 is for kids who need parental assistance (see signage). The remainder of T1 is for kids doing the race without parental assistance. Please help your racer set up in the correct transition area.

Q: Can my child use a stand or a kickstand?

A: If you have a stand for your child's bike, please bring it, as it is much easier for kids to find their bike if it is upright on a kickstand or in a stand.

SWIM**Q: How do we get to the pool?**

A: ALL racers must enter the pool from inside the school. To enter the pool, racers will use the north main entrance to the building and then through the locker rooms.

Q: Does every racer have to take the "swim test"?

A: Yes. It is also part of queuing and lining up of the participants.

Q: But my child is on a swim team/has taken swim lessons!

A: Excellent! They'll have no trouble with the swim test.

Q: My child isn't a strong swimmer. Can they use flotation aids?

A: Yes. Water wings and float coats are encouraged for weak or unsure swimmers.

Q: Does the Kids Tri start by bib order?

A: No. The volunteers try to manage the racers as best they can.

Q: Do you start with the younger racers first?

A: No, we take all Kids Tri participants at the same time.

Q: So, how does the swim/start work?

A: Racers are taken one at a time for the swim test. The swim test consists of jumping into the deep end of the pool, swimming across a short section, getting out of the pool, and going to the next available lane to start their swim.

Q: How long is the swim?

A: Racers can choose to swim 50 yards (1 lap = 2 lengths) or 100 yards (2 laps = 4 lengths).

Q: What should my child do after the swim?

A: From the pool, kids will exit the door toward the parking lot and go to the T1 area, put on their helmet, and walk their bike to the "mount" line.

BIKE**Q: Does my child have to wear a helmet?**

A: All participants (kids and adults) must wear a helmet, with the chin strap buckled, at all times when they are on a bike. This includes riding your bike to t1, during the race, or after the event!

Q: How long is the bike course?

A: About 1.5 miles.

Q: Is the bike course closed to cars?

A: No. Kids will ride out of the northwest Chugiak High School parking lot and onto Birchwood Loop Road. Cones will separate kids from traffic, but please tell your child to be aware of cars at all times.

Q: I'm concerned that my child will get lost on the bike course.

A: Flagging, cones, and volunteers will help guide kids to T2 at Birchwood School.

BIKE (Cont)**Q: What is a "Mount Line"?**

A: The mount/dismount line is located in the transition area and indicates where racers get on and off their bike.

Q: Can my child ride with training wheels?

A: No. *ABSOLUTELY, POSITIVELY, NO TRAINING WHEELS ALLOWED.*

T₂ (TRANSITION 2, BIKE-TO-RUN)**Q: Where is T2?**

A: T2 is located in the lower parking lot at Birchwood Elementary School. This area will be accessible beginning at 1:00 pm.

RUN**Q: Does my child have to wear a helmet?**

A: Only during the bike segment, not during the run.

Q: How long is the run course?

A: About three quarters of a mile (0.8 miles).

Q: Where do the kids run?

A: The run will begin at the south end of Birchwood Elementary School, go on the dirt trail to the soccer field at the high school. Runners will go around the west end of the soccer field, and continue on to Chugiak High School. There, kids will continue around the back side of the Chugiak High School and to the finish line.

Q: Where is the finish line?

A: The Kids Triathlon uses the same finish line as the adult triathlon.

OTHER**Q: Where can I find/meet my racer?**

A: You can watch the finish on the southeast side of the finish arch, between the adult "run out" and the finish "run in" areas. You can meet your racer behind the finish line, between the "bike in" course and the adult T1 area. The adult race is still in progress, please do not stand in the "bike in" portion of the course that is next to the finish line.

Q: What do we do after the race?

A: Enjoy the snacks provided for the racers. Collect any gear or equipment that was left in T1. Walk over to T2 to collect your bicycle by 3:45 p.m.. If you parked at Chugiak HS and want to drive over to Birchwood School, it may take some time to exit the parking lot due to traffic control.